



MONDAY, APRIL 21, 2008

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In the money

More than 70 at college make over \$100,000

By MICHAEL SCHMIDT

The man is certainly showing down on Conestoga College will at least when it comes to salaries.

The government's public sector salary disclosure list for known as the Sunshine List, was released on April 1. On it were the names of all the employees who made over \$100,000 a year, including professors and staff at colleges.

At Conestoga College alone there were over 100 staff members who made the list, including college president John Tibbels, several vice-presidents, deans and professors.

Tibbels makes \$200,072 a

year, a figure that exceeds the salary of Brock University President Jack Lightstone, who currently makes \$200,576.

However, according to Kathleen Hardacre, the president of OACU Local 820 which represents the full-time faculty, Tibbels's salary was well within the norm.

In comparison, the president of the University of Waterloo makes \$445,000, the president of Wilfrid Laurier University makes \$215,790 and the president of Yorkville College makes \$214,980.

According to the faculty contract, the top base salary for a full-time professor is \$98,828. However, many Conestoga

teachers made the list, with salaries that ranged from \$100,000 to \$141,864.

"These professors are getting a premium on their salary, such as co-ordinating extra duties or additional teaching. There are many who may just appear over the line," said Hardacre.

She said that at worst it said 2007 that professors were made their way over the list.

According to Hardacre, the number of Conestoga employees on the Sunshine List this year is nearly the same as last year.

However, that number will increase dramatically as public sector's maximum salary appears to more than \$100,000.

FASHION-FORWARD



Photo by LISA STEVENS

Canadian fashion designer Christine Dwyer launched his fall 2008 collection at LG Fashion Week. All of his models were wearing black vinyl for the show. For story and more photos see Pages 6 and 7.

Writing contest offers unique opportunity

By MICHAEL SCHMIDT

Do you want to put a twist on the life of a politician you love or hate?

Firenze Publishing House is launching the first ever Leaders and Legends writing contest. The first winners of First Minister's (Conservative) will write a short chapter about former Liberal prime minister Paul Martin at the age of 35 set in Windsor.

They will also be required to write a one-page book outline in order to be considered the story.

"When we started with two Conservative prime ministers John Diefenbaker and John A. Macdonald, we were all to choose a Liberal next," said Michael Schmitt, author of The Mystery of the Moonlight Murders. An early advocate of John Diefenbaker and owner of Firenze Publishing House. Schmitt is also the master

writer with the Literary and Manuscript Secretariat of the Ontario Ministry of Education.

The John Diefenbaker book was also published by Firenze. They will also be selecting the winning entry.

The winners will choose one winner and up to 10 runners-up entries, depending on the quality. The winners up may have information and a short biography published on Firenze's website.

FirenzePublishingHouse.com, and will also receive a certificate for making it to the short list of candidates.

The winner will be awarded a book publishing contract with Firenze.

"The winner should look up some books on the Internet, such as obituaries and parent names, etc., on our site before you start their chapter," said Schmitt.

The winner can take a true-life story of Martin at the time

and put a little twist on it, such as him getting involved in a crime or a story of when he wrote his first love.

"Within the parameters that respect his family privacy and the time period, the writer should come up with just about anything," said Schmitt.

"Since this is the first year for the contest, we only expect around 50 entries," he said. "The chances of winning are very high with a well-written chapter."

The fee for entry is \$40. Anybody who wishes to compete must be a student or have graduated within the last year. Only Canadian citizens and landed immigrants are eligible to enter. The deadline for submissions is Aug. 1, 2010 and the winner will be called and announced in the fall. For further information go to www.firenzepublishinghouse.com/BookWritingContest.html.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could meet one person in the world, who would it be and why?



"President of China, just because."

Ben Bryson,
second-year
marketing



"Jesus because he's the most influential man."

Stephanie MacPhee,
second-year
marketing



"Benjamin Franklin because he's insightful and smart."

Kevin Wiggins,
second-year
marketing



"Matthew McCannoughy because the way he lived his life makes a lot to me and my life."

Ellen Georges,
second-year
marketing



"Donald Butler because he's classy."

Paul Jones,
second-year
marketing



"Gessica Sanchez because he's so chill and nice."

Gessica Sanchez,
third-year
design and
communications management



30-hour famine April 23

By **STEADY PALADINER**

More than one billion people worldwide do not get enough to eat. More than 113 million children under the age of five are underweight due to poor nutrition.

To help communities in crisis, World Vision is holding a 30-hour Famine on April 23. Canadians all across the country will start starving themselves in aid of raising for 30 hours, holding fundraising activities to raise money. Participants can decide where their famine funds go by choosing from a list of countries where World Vision works.

This year Haiti was added to the list due to the devastating earthquake on Jan. 12 that killed more than 200,000 people and devastated millions of others.

Other countries you can select to send your funds to include Albania, Cambodia, Ethiopia, Honduras and Rwanda.

During the famine there will be a variety of activities to help participants learn about world hunger and have fun at the same time.

"It is a really good issue," said Katy Tobin, a second-year marketing student. "It gives you a perspective on what it's like to think for children and everyone who are suffering."

World Vision offers health care programs to help strengthen children's immune systems.

This will make it easier for children to fight off diarrhea, pneumonia and malaria.

Last year more than 60 per cent of the funds received by World Vision Canada went to programs that combat poverty and help children and communities in need. If you are committed to participating in the Famine party next year, sign up as a group leader and sponsor a famine event.

All the tools you need are at your fingertips online at www.famine.ca/online.html. Besides this also make donations from the 30-hour famine.

SELLING THE BOOKSTORE'S SALE



Photo by Mike G. Kaseop

Alex Kaseop and Chantal the Coward had a great time advertising a sale for the Bookstore. On March 30 students received 25 per cent off textbooks.



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LAST CHANCE



Our littering legacy

by GREG KOSMAN

As a Canadian you just have to love when the streets smile. It's like coming out of hibernation and discovering the beauty of the world all over again. We shed the layers of mud and slush in favour of blossoms, charts and flip flops.

Also, you can check out all the cool stuff from last summer. Every drink, pond party and outdoor is like a time capsule now revealed after being sealed by Mother Nature just one month ago. Remember that cup of coffee you had in death because the bar was closing or the T-shirt you threw on the car window as a last coffee-soaked hurry, well, good news, they're still there. Oh the memories. A phone bag dangling free in the wind as the most beautiful sight to behold. It was just a canister in the movie *American Beauty*. But don't rush out to the video store (littered) because there are thousands of these modern art pieces right in our backyards.

Those grocery stores tried to go greener, but in an instant stood against their liberal happy customers we just switched gears. Don't get me wrong, Canadians put out the garbage. We don't smother. But if the garbage can happens to be triggered over or attracted by night-crawling animals, then what do you want from us? We did our part.

Listen, you as the crowd is becoming a big problem. Our sidewalks and roads are just covered with the remains of a lovely good time. However, everyone knows when your good taste is just too good. We can't be expected to keep driving on something that is tasteless just because we are trying to save the planet. Sorry Nature world, take it up with the game companies.

Another thing that is great about summer is drinking beer and smoking cigarettes. Even better, two-ling about beer bottles on rocks and kindly flicking cigarette butts and letting the wind scatter them everywhere. Flicking butts is just a good time and everyone knows flicking glass over playgrounds just makes childhood games of tag more enjoyable.

As for "properly disposing of cigarette butts," if a society has degenerated to specific uses for a smoking place it has degenerated to the living covered in butts. Flicking the butt and watching it spurt out on the ground is so much cooler than putting it out properly.

The words *horror* represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor.

Letters should be signed and include the name and telephone number of the writer. Letters will be printed at the discretion of the editor.

All unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to: The Editor, Spoke, 290 Dean Valley Dr., Room 1C30, Brimley, Ont., M2G 4M4.



Spring's arrival and the subsequent growth reveals humankind's desire for the planet

Catholic scandals embarrassing

For most, 15-year-old high school students, wearing a shirt and tie is an unconventional move generally reserved for weddings and funerals.

As a Catholic high school student, dress clothes were part of my everyday wardrobe for four years. My Sunday vestments were often spent riding through my bedroom, in an attempt to find my discarded dress shirts and black slacks.

In addition to uniforms, morning prayers, occasional communion and religious classes separated the two billion Catholic school students from our secular counterparts.

Despite shunning my Catholic beliefs, I still identify with the church in some ways, and share in the current sense of embarrassment. Scandal seems to emerge on a weekly basis, revealing appalling details of clergy members abusing their power and privilege at the expense of others.

Last month's details emerged of a priest allegedly molesting an around 1990 deaf boy in St. John's School for the Deaf in Wisconsin between 1983



Chris East
Opinion

and 1991. Informed documents leaked by the New York Times detail the horrific behavior of this priest, put in a position of authority over children. After learning of this scandal, Vatican officials disagreed on whether or not to punish the priest, but agreed that protecting the church from scandal was the top priority.

In Germany, allegations of sexual abuse by clergy members was expanding and put an even greater threat on the church, as they closely link Pope Benedict XVI to the scandal. The Pope is under scrutiny for not disciplining or punishing a German priest who was later convicted of molesting boys. The priest, confirmed innocent in the diocese between his then Archbishop Joseph Ratzinger who currently serves as the Pope.

These troubling allegations and scandals raise several controversial issues in the Catholic Church that must be addressed.

The church needs to modernize its bureaucracy and establish a more accountable system of discipline within its ranks. Openness and transparency, particularly with cases of child abuse, are needed to show followers and the general public that these abuses will not be protected and covered, but punished and brought to justice.

A more rational manner that must be considered is allowing clergy members to marry. Allowing marriage would create a different type of candidate for priesthood.

The church needs to begin taking immediate steps to increase transparency from its ranks, and ensure that children are protected. Reducing the bureaucracy and allowing priests to marry would be two significant steps toward modernizing the church and rebuilding its 44-million reputation. It would also make life a little less absurd for Catholic school students everywhere.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF COMESTOGA COLLEGE

Editor: Matt Hill
Advertising Manager: Jordan Frost
Art Director: Jordan Frost
Spoke Online Editors: Gillian Morris and Greg Davis

Production Manager: Dean Brown, Chris Hill, Wade Rasmussen and Michelle Bennett
Composition: Macmillan/McGraw-Hill
Printer: Williams, Joseph/Williams, Mike Lewis
Distribution: Joe Lewis, Joseph Bennett and

Chris Hill
Faculty Supervisor and Advisor:
Debbie Jones

Spoke is published at 290 Dean Valley Dr., Room 1C30,

Brimley, Ontario, M2G 4M4.
Phone: (416) 344-3434 ext. 3434, 3435, 3436
Fax: (416) 344-3434
Email: spoket@comestoga.ca
Website: www.comestoga.ca/spoke

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Samuel M. Merriam and Edgar Mearns leave the banks of Lake Umbagog in New Brunswick for New France. The hunting party was planned by four noted ornithologists of the day. Their efforts culminated in 1890 in a volume by one of the foremost works of Ornithology.

Students fundraise for Ecuador

11-11-11

Conestoga College's annual management students held a successful fund-raiser for autism on November 10. Held at Steamship for Sun Raquet took place at Conestoga Martin's a bar and restaurant in Waterloo, and featured the music of the talented guitar player, Junior Yekman and German Salazar. Between the charitable acts, entertainment from Robin Ontario taught the basics of the Latin American dance.

The event, which was organized by Nikko Proctor, George and Marian Stephens and Sarah Sam, raised over \$600 for a school on Nam Hiep. This area is one of the poorest neighborhoods in Hanoi's capital city, Hanoi.

Marian was charged with the money that was raised for the school, exclaiming, "Thank you!"

McIlroy was one of the people who entered the contest early. "I didn't win but I had a paper, here and it's good to see that money going to such a good cause."

With heads made as elaborate as possible and Yelland's historical Russian costumes inspired by such subjects as the *brovki* and *Minio Tsia*, one scene was clearly enjoying themselves with great gusto. *Shakespeare on the loose*.

The evening ended in a mood after Schubert finished a Marvin Camman version of the classic song My Way. He then thanked all the guests with a touching speech, acknowledging his recent visit to San Diego. He put a personal touch on the evening having come to Canada from Ecuador in search of a better life.

The children of San Roque will benefit thanks to the donations and hard work that went into fundraising for San Roque.



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Every collection tells a story



Photo by Lisa Eichen

At Toronto's Fashion Week, held March 28 to April 2, people had the opportunity to have their picture taken in a Barbie box. Because the box has a wall that people could write comments on, five people wrote: Barbie gave me an aching ribcage.

By LISA EICHEN

Ironically, fashion is anything but superficial. Just as you can drive deeper into a good book or enjoy painting, fashion is more than mere eye candy. Every detail of a collection from the fabrication and techniques to the use of colour and how the pieces are strung down the runway has been meticulously thought out, having a reason and a purpose.

However, many people don't realize that instead of seeing each collection in the same as

the next, within each season fashion houses in fact, collections are created by an individual mind with a vision, a moment or an experience that had a profound influence on the designer.

Toronto's LG Fashion Week was held March 28 to April 2 and was an opportunity to see Canada's up-and-coming fashion designers work to all their glory, surrounded by a back drop of inspiration combined with models strutting the runway in character. Some of the Canadian fashion designers at the event were

David Dixon

In David Dixon's world every fashion collection tells a story.

For Fall 2003, the Toronto designer took inspiration from love letters written by his grandfathers to his grand mother from the trenches of the First World War. In the spring of 2003, he modelled a pretty Russian girl ball gown while backpicking on his grand and last spring 2003 collection was inspired by a trip to Newport, Rhode Island.

Dixon, who is considered one of Canada's brightest and most thoughtful designers, shows twice-annually and his runway shows are the highlight of Toronto's Fashion Week.

For his fall 2003 collection he was inspired by the human spirit, seeing the world's reaction to the devastation in Haiti and Chile and the way people across Canada gathered during the Olympics and joined in to celebrate all countries.

Dixon created what he considers a new global collection as a celebration of diversity and unity.

To represent diversity he used fabrications and techniques from different countries and cultures to create his vision of a new global tribe wearing the diversity into a collection. He used elements such as lace, sequins, ruffles, from Spain, a unique style of leather, symbols of Africa, basket weaving, the daisies of Ghana, drifts, Japanese prints. Canadian wild fur, South African detail cut and fabric, mirror beading.

Dixon has also given us the opportunity to fulfill our childhood dream of having Barbie's wardrobe as it has recently launched "Brand Barbie" by David Dixon.

Another of his fall collections was inspired by Candy Street in London, a popular place for followers of the latest and hottest styles during the early 60s, and a place of great social and cultural change. Candy Street still remains a hub of London's thriving boutique shopping, trendy places to meet and a night's nightlife.

"When I was in London last it was a huge source of inspiration in its wide range of great and unusual shops, unique people and vendors," Dixon said in his Fashion Week pamphlet.

"For the fall 2003 Barbie collection, I wanted to capture the essence of that period. It

was a period of freedom and individuality and the state of pop culture, but the modernity of that time still influences us on all areas of design today. There is a strong influence of pop art, like Mondrian and Pollock, slight military references. Twirly, Jane Birkin and Mary Quant all play a role.

Dixon feels that Barbie and Candy Street share great common and timeless qualities, making them a perfect combination to meld into their new collection.

It was refreshing to see cute, regular sized, young women with black coloured clothes and perfect door smocks with the runway showing random items as giving a fashionable look, wearing like pyramids and their signature Barbie earrings.

Clothes of bubble, black, round and fitted and filled, the collection made of heart, lined, sweetie dresses, water barrels, camel hair, tulle and bubble tutus.

The looks were sophisticated and elegant with a hint of whimsy. Exactly what we remembered Barbie to be.

Gaudet

Gaudet Fashion House opened Fashion Week with their collection inspired by Helen, a woman from the Greek legend of Jason and the Argonauts.

This was Norman and the Gaudet's second year participating in LG Fashion Week, as they were much more and more last year's show and their \$24,000 and this year \$12,000.

"Helen was seriously gorgeous and we were looking for a Gaudet muse," said Norman Gaudet. "We came upon Helen and found her to be an incredibly powerful woman with some mag-



Creating a model in more gold and lace that took three hours to apply



This entirely white mannequin dress took a month for Helene Chantal to create. The artist coloring the skirt was hand-painted with a "50s flower design."



White-line handcut and LG Fashion Week inspirations.

at Toronto's LG Fashion Week

oil painter, using inkblots to draw her faces from a real oil that is blown on some up with the makeup oils. We came up with very strong looks and I think you would probably see the floral feel and the water colours, landscape houses and more, all because she was very at ease with nature."

Gruden explained the process of going from an idea to a collection. When creating a collection it must all mesh together. So you start with your mood, your inspirations, the something that ties it all together. After that it is a question of deciding what sorts of fabrics to use and whether to use to introduce new fabrics, textures or textures. Then you have to put all these different drawings in, which is a very long process, much longer than the actual making of the pieces, because a piece through a lot of revisions to be able to come up with the exact look that you want for each piece.

Gruden's models strut the runway with strong legs, happy feet and no under. They have very big, busy and round faces, and they were paid about and less money at their show.

"The girl is a powder that is mixed with an agent that allows it to become a liquid and to keep the metallic feel of it," said Gruden. "We bought some face and placed it onto the face with synthetic glue. We started at 1 p.m. for our show which ends at 4 p.m. and literally the models were done 18 minutes before the show."

Angela Chen

"In preparation for the show I had looked every single piece in the collection and Angela Chen 2014 Vancouver no less, and graduate of Parsons of New York. There were 23 pieces in her collection."

That was Chen's first Fashion Week show and she was extremely happy with it and hopes that more buyers will be interested in carrying her line. Designer by Angela Chen.

Chen said that her life-size mannequins inspire her designs and a particular piece.

"This woman's collection is called, Chen's, and Chen. The very much and much were used as I have lived in New York for the past seven years and I just recently decided to live permanently between New York and Vancouver. My fall/winter 2009 collection reflects the hard sophistication of New York and the soft organic feel of the west coast."

The models were put together or with that emotion in mind. Their hair was more natural with almost a bigger feel and their makeup was also very natural. The clothing was minimalist and dramatic but had a sophisticated New York look.

"I looked for models that have the Chicago girl look and attitude and a lot of New York confidence," said Chen.

Brandon Dwyer

Brandon Dwyer, who is currently in the Downtown Regular looking for inspiration for his spring season.

THE BASCH collection, designs for the strong, that are women who know what they want.

His fall collection was inspired by different emotions and events that I have been through the past year," said Dwyer. "I kind of put every thing that was going on in my life into a big mixing bowl and stirred it all together and there was my collection."

Dwyer starts with his rough sketch on that "while the sun kept on like on hand you can start to put out your fabric and style. Once you have decided on materials, styles, and basic silhouettes to follow throughout the collection you create all the patterns. Then you start the sewing and the draping and the cut and pattern part of creating a collection. During this whole process there is lots of editing, so the collection is always growing and evolving into something different."

The collection was edgy, very sexy and less dramatic than his previous collections. His line had stripes, leather and flax hair. The models all wore blind wrap that covered one eye with black leather pants in the dress and had a very androgynous look.

These designers typically the art and design that showcases Fashion Week.

More than 20 designers put together, showing the Canadian fashion industry in an event hands them with hands and up and coming designers are taking the world by storm.



PHOTO BY LISA BROWN

Gruden's fall collection was inspired by the idea of a woman from the Greek legend of Jason and the Argonauts.



PHOTO BY ANTHONY PETERSON



PHOTO BY LISA BROWN

It was Roman and the Gruden's second year participating in the LG Fashion Week at the new collaborative building at the CNE grounds.

David Olson's fall show collection for Fall 2009 was inspired by Charles Strindberg in London.

Students to perform play in the Sanctuary April 21

By ALEX BOONE

CSI Clubs and Coatings Dramatics presents The Prison Trap, a play written by John Doolittle and directed by Yvonne Kline and Justin Chisholm, all Coatings students.

On April 21 several team boys, made up of Coatings

College students, will perform the play in the lower Sanctuary at Deen Campus.

The play delves into the world of Orville, a playwright who has produced several terrible plays, who is pulled under the stage and murdered by a variety of his characters in an attempt to improve the quality of his writing.

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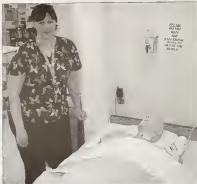


Photo by Alex Boone

Respiratory Therapist students use a clinical mannequin that simulates the nursing and respiratory therapy skills. The unit simulates a heartbeat, breath and bowel sounds, allowing the students to conduct chest and abdominal assessments and recognize vital signs.

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Treating eating disorders often difficult

Wait times, especially for inpatient programs, are much too long

By JANELLA BONDREVE

The treatment of eating disorders does not involve only the patient and a doctor, but a team of health professionals and the individual's family and friends.

Eating disorders occur around a flawed relationship with food and usually body image, and as a result, individuals may be preoccupied with their appearance, obsessed with being thin and value their self-worth based on their weight. They may try to control their weight by using eating (anorexia nervosa), bingeing and purging (bulimia nervosa) or restricting food intake, using laxatives, diuretics or diuretics to keep up an excessive exercise.

Also considered an eating disorder is binge eating, leading to being overweight. Many of the mental and health issues with eating disorders are similar to other eating disorders.

Although the majority of individuals suffering from eating disorders are female, there is also an increasing number of males being diagnosed, some of whom may have "bipolar," which is a condition that they too often develop in their late 20s and an increasing likelihood of suicide.

Although the topic of eating disorders is still somewhat taboo, there are many excellent organizations and services available in the community for treatment.

Trefler Mental Health and Developmental Services, located in Richmond, has programs geared specifically toward eating disorders, including "nutritional assessment and treatment" and "assessment and therapeutic meal interventions."

Treatment involves a "team" of dietitians, therapists and social workers in addition to regular contact with the patient's physician.

Trefler's OEDP helped and offers services related to mental health. They work to improve the quality of life of individuals in care and live successful and happy lives, including those with food issues.

Patients in Trefler programs do not have to be referred by a family physician but can seek treatment themselves, and then receive treatment in addition to the individual and social workers.

For adolescents, treatment also involves the family. Eating disorders affect the



PHOTO BY JANELLA BONDREVE

People get a lot of mixed messages when it comes to eating properly, and diet and nutrition can contribute to an individual's relationship with food and, potentially, an eating disorder.

way the entire family functions and helps in one another, making it necessary for everyone to be involved and working collectively. The adolescent patient will often see an endocrinologist with their team of health professionals to deal with a support group, while families around their own groups and support their loved one.

The treatment for an adult patient would involve the same team approach, but without the family involvement if they are living alone independently.

Trefler does sometimes refer more serious cases to inpatient care facilities such as Homewood in Guelph, Guelph Valley Hospital in Guelph, or in Guelph, Guelph General Hospital or the Hospital for Sick Kids in Toronto for younger patients. Homewood is a private facility with only a few privately funded beds, while the others are fully covered by OEDP.

Homewood Health Centre treats mental health issues and addiction. They have programs to treat eating disorders, as well as drug, alcohol and gambling addiction, depression and anxiety, trauma, stress, domestic violence and sexual abuse. They also provide psychiatric care.

Homewood treats about 4,000 patients each year in a combination of inpatient and outpatient programs using a team of licensed and non-licensed staff.

According to April Gates, programs at inpatient for treat-

ing disorders treatment, patients must be at least 16 years old and require a diagnosis from a doctor or therapist, usually once they have reached a low body mass index.

Homewood treats between 500 and 120 people each year in their eating disorder program, with a couple of beds funded by OEDP and the rest paid for privately at around \$255 per day.

Patients being treated for bulimia generally stay anywhere between seven and nine weeks, while those with anorexia nervosa may stay up to six months.

"They need outpatient treatment to succeed" and maintain their recovery, and Gates "Almost replicating the team at Homewood."

Homewood uses the same team approach as Trefler, a combination of both health professionals including doctors, psychiatrists, therapists and dietitians.

In order to help their "inpatient" maintain the positive momentum generated during treatment, they also hold a support group twice monthly for those back at home.

Patients are referred to Homewood by their family physician, therapist or they may learn of them through the Eating Disorders Awareness Campaign of the Ontario Federation of Dietitians (OFD).

OEDP is often a first resource for those who suspect they or someone they know may have an eating disorder. According to executive director Kathryn Burns B, over 400

people contact them each year.

OEDP focuses on prevention, education and support. They conduct school programs to help promote the development of a positive body image, especially in girls, and on their website they provide a comprehensive directory of services available in the community, including Homewood and Trefler. Also available in the list are various individuals and organizations that specialize in treating eating disorders. OEDP also hosts a family and friends support group at Trefler's facility for the loved ones of an eating disorder patient.

Although their approach is to many resources to treat eating disorders, the wait times to receive treatment, especially for inpatient programs, are much too long.

"Usually clients do around a waiting list list," said Burns B.

Receiving prompt treatment is crucial to one of 10 people with eating disorders will die, according to statistics from the National Eating Disorder Information Centre.

Waiting up to a year for an appointment leaves the individual to suffer on her own and has a tendency to prey that the family member doesn't intervene either. There are emergency services however, eating disorder patients must be willing to accept their condition and admit they are in denial that they even have a problem.

Burns B thanks the lack of inpatient care as one area that needs improvement in the treatment of eating disorders in the community. The few beds available locally have long wait times. However, OEDP will fund treatment with the funding but only if the patient is in danger of serious and permanent damage if they don't receive help immediately. Eating disorders should be treated as early as possible for recovery to last.

Trefler's foodbanks would like to see more programs that provide food for those with eating disorders and also for their loved ones. These groups are very important on the road to recovery but they must be facilitated by qualified staff to be successful and helpful, a task many are unwilling to take on.

Gates, at Homewood, would like to see more programs that treat "adolescent disorders." Eating disorders do not usually occur in isolation, but often they involve anxiety, depression or a dietitian. This would like to see more places where individuals can "work on multiple issues at once."

At Homewood they are lucky they are not being in other programs they have, but many organizations don't have that luxury.

The treatment of eating disorders is long and difficult, but there are many organizations and individuals who are qualified and passionate about helping people who struggle with their eating disorder.

SHOCKING STATS

- According to a 2002 survey, 1.9 per cent of Canadian women aged 15 to 24 had an eating disorder.
- The average duration of bulimia nervosa is 8-9 years.
- Anorexia nervosa has the highest mortality rate of any psychiatric illness in the world.
- Adolescent females, who had one of a 204 per cent greater risk for the illness than those who don't diet.
- Twenty eight per cent of girls in Grade 8 and 29 per cent of girls in Grade 10 perceived themselves as too fat.



HOROSCOPE

Week of April 23, 2006



Driven to Quit Challenge a huge success

By NICOLE FRANK

The Driven to Quit Challenge netted \$5,000 for the province's smokers to try and stop smoking. Jordan Moore, winner of organizer of communications for the Smoker's Highway, said,

"It was the best year yet," she said.

The challenge, which officially ended March 31, was presented by the Canadian Cancer Society and participants had to quit smoking for

the entire month of March to qualify for prize money. Some of the prizes included \$1,000 MasterCard and trips. The top prize was a 2010 Ford Escape.

Jordan said there are in the province of selling the winners and they will be publicly announced on April 18.

Even though former Coquitlam College student Maude Poulin didn't win, she is glad that she took part in the challenge.

I have tried many different

things to stop smoking but this really worked for me," she said.

Poulin used as part of the challenge she joined a buddy who really helped her out. Participants were encouraged to get a friend or family member who was smoke-free and available for support. The buddies were also eligible for prizes.

"My buddy didn't win, either but she didn't care because she knew how much she helped me," Poulin said.



Aries

March 21 - April 19



This weekend you will decide to jump off the roof of your friend's house while shouting "I am a golden god!"



Libra

September 21 - October 23



On Friday you will have a meeting. In French or in Latin. This will prove useful in your new job as a lecturer at night school.



Taurus

April 20 - May 20



On Thursday you will make the decision to build a pair of shoes that let you jump over 50 feet in the air. You will get your new job in the NBA.



Scorpio

October 23 - November 21



At some point during the week you will be lured by a group of farmers to protect them from a group of bandits. You will gather and shoot peasants to do so.



Gemini

May 21 - June 21



On Tuesday you will hear about new inventions which use 3D technology. You had the TV cost over \$4,000 and each set of speakers cost \$1500.



Sagittarius

November 22 - December 21



You should beware of a transvestite wearing a hidden Panama hat. The transvestite will attempt to rob you of your organs.



Cancer

June 22 - July 22



On Sunday you will develop a new kind of pasta topping. Prepare to be rich until Peter Dinklage your idea for no money.



Capricorn

December 22 - January 19



On Monday a Clydesdale horse will deliver through your window. You should agree with the owner of the horse and not the horse itself.



Leo

July 23 - August 22



On Wednesday you will get into a fight with a Crochian clown making the world about getting candy as you open.



Aquarius

January 20 - February 18



On Monday a very hairy man will tell you some number and brackets for your hair. However, in a way happy you will likely get a good deal.



Virgo

August 23 - September 22



This weekend you will be convinced by a group headed towards with no hair to you but also never please for experimentation.



Pisces

February 19 - March 20



This weekend you will get Japanese haircuts in your eyes. This will be quite painful. Flushing them out with water or milk would be a good idea.



Nick Decker is a second-year journalism student who makes these up for your amusement.

Counselling services presents the STRESS FREE ZONE

Wednesday April 19th / 10:00am - 1:00pm

Please drop by the E Wing

Massage Therapy
Come in for a free mini session.

Answer - Feeling overwhelmed - Answer

Are exams stressing you out?

Wednesday April 19th

STRESS FREE ZONE

E Wing

reflexology

healthy snacks

R-E-S-P-E-C-T FIND OUT WHAT IT MEANS TO ME



PHOTO BY CHRIS BART

Colourful banners could be seen throughout the Swan campus during Respect Week held March 29 to April 3. There were 27 volunteers who supported the event and who helped to distribute 370 suckers.



PHOTO BY MARK STONE

Travis Laupala, a peer-support graduate into student, and Rishyee student, Mark Rishyee, designed T-shirts during Respect Week on Monday. Twenty-eight shirts were designed in total, raising \$245 for the Peer-support Relationships Distribution.



PHOTO BY MARK STONE

First year general arts students, left to right, David Goff, Anthony Fleming and Daria Mayhew were three of the 27 volunteers (Ryan Gervais, student the program was, donated the number of shirts, resources and happy volunteers to support them during Respect Week as a project).

Conestoga has two new student ambassadors

By BILLIAN WEBBER

Two exceptional students donated their old jackets and name tags to become the newest members of Conestoga College's team of student ambassadors at an induction ceremony April 1.

Like their fellow ambassadors, Brian Horvath and Carol Truong-Cat, they were appointed to the position because they exemplify "the best of the best" of Conestoga's student population. They will be on hand at a variety of events including campus tours and alumni gatherings to show their personal experiences and promote the college.

"In order to be a student ambassador you really have to be reliable, you have to be in good standing with your marks and you have to be very respectful and outgoing," said Pat Roberts, assistant to the executive director of marketing and alumni.

Vice-president of student affairs, Mike Deuring, and executive director of marketing and alumni, Pat Roberts, presented Horvath and Truong-Cat with their distinctive jackets and awarded the "best student" and their fellow ambassadors, Ryan McElwain and Alicia Affari, of the importance of their role with



PHOTO BY BILLIAN WEBBER

Student ambassadors, left to right, Ryan McElwain, Carol Truong-Cat, Brian Horvath and Alicia Affari, with executive director of marketing and alumni, Pat Roberts, middle, were all winners of the induction ceremony for new members of Conestoga College's team of ambassadors.

in the college and the community.

"When I stand and speak to a bunch of prospective students I'm just another adult telling them education is important," said Horvath. "But when you are a guest here in those of our really help them and it means a lot to

them. You're always representing and just yourself, but your program and your school and the college."

Though a big surprise about the responsibility they were taking on, both Horvath and Truong-Cat were looking forward to the opportunities that come with being a student ambassador.

"It feels awesome in terms of all your hard work paying off" said Truong-Cat, a second-year international business management student. "I think being involved in representing the school really helps us with our education and our careers."

"It is a lot of motivation for you especially because you don't really know if you can get anywhere when you come to college or university," said Horvath, a first-year marketing student. "It is really around right now. It is a big weight, but it's a big honour."

SWEET SPRING IS IN THE AIR



PHOTO BY JENNIFER BAKER

Winter is finally behind us and it is time to look forward! Temperatures will remain above 50 C, reaching the 60 C mark by mid-week.

WATCHING OUT FOR A FRESH CROP



PHOTO BY MICHELLE GORMAN

Everyone loves spring, even Shadow, a Labrador retriever puppy. However, the puppy who owns this field may not be happy that Shadow is sitting on his newly-planted winter wheat.